



**PETER'S CLASS
FOREST HILL SPORTS
CENTRE
BAMPTON RD,
FOREST HILL, SE23 2AX**

AEROBIC TIMETABLE

DAY	TIME	CLASS	LEVEL
THURSDAY	7.30PM	AEROBIC	ALL

PRICE: AEROBIC £4.50

AEROBIC: Ideal for weight loss and body tone, suitable for all levels

**PERSONAL TRAINING ALSO AVAILABLE
FOR CLASS INFORMATION CONTACT**

**PETER ON:
07956439681**

Duration: Classes are 55 minutes

WEAR: Trainers, Shorts, leggings, jogging bottoms, vest, t-shirt etc..

BRING: bottle of water, towel...